

# صحيح الادعية والاذكار

## Authentic Supplications and Remembrance

Summarised from the  
Book

أذكار الصباح والمساء...رواية ودراية  
للشيخ عبدالعزيز بن مرزوق الطريفي

Morning and Evening Remembrance  
by

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صحيح الادعية والاذكار  
Authentic Supplications And Remembrance

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# Authentic Supplications And Remembrance

## Supplications For When Waking Up From Sleep

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

Praise Is To Allah Who Gives Us Life After He Has Caused Us To Die And To Him Is The Return.

Recorded in Sahih Bukhari and Sahih Muslim

{One can also say}

الْحَمْدُ لِلَّهِ الَّذِي رَدَّ عَلَيَّ رُوحِي، وَعَافَانِي فِي جَسَدِي، وَأَذِنَ  
لِي بِذِكْرِهِ

Praise Is To Allah Who Returned My Soul To Me And Gave Strength To My Body And Permitted Me To Remember Him.

{This Is Said Either When Waking Up From Sleep In The Day Or Night}

Recorded in Ibn Sunni

## Supplication When Wearing A New Garment

اللَّهُمَّ لَكَ الْحَمْدُ أَنْتَ كَسَوْتَنِيهِ، أَسْأَلُكَ مِنْ خَيْرِهِ وَخَيْرِ  
مَا صُنِعَ لَهُ، وَأَعُوذُ بِكَ مِنْ شَرِّهِ وَشَرِّ مَا صُنِعَ لَهُ

"O Allah, For You Is All Praise, You Have Clothed Me With It (I.E. The Garment), I Ask You For The Good Of It And The Good For Which It Was Made, And I Seek Refuge With You From The Evil Of It And The Evil For Which It Was Made."

## Supplication To Someone Wearing A New Garment

تُبْلِي وَيُخْلِفُ اللَّهُ تَعَالَى

"May You Wear It Out And Allah Replace It (With Another)."

**Recorded in Musnad Ahmad and Sunan Abu Dawud**



## Before Entering The Toilet

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخُبَائِثِ

"O Allah, I Take Refuge With You From All Evil And Evil-Doers."

Recorded in Bukhari and Muslim

## Supplication To Put A Barrier That Will Prevent The Jinn From Seeing The 'Awrah

بِسْمِ اللَّهِ

"In The Name Of Allah"

Recorded in Sunan Tirmizi and Sunan Ibn Majah

## Supplication After Leaving The Toilet

غُفْرَانَكَ

"I Ask You (Allah) For Forgiveness."

Recorded in Sunan Abu Dawud, Sunan Tirmizi and Sunan Ibn Majah

## Supplication Before Ablution

There has not been any authentic supplications which is specified before beginning the Ablution from the Messenger of Allah (May peace and blessings be upon him). Rather saying the Bismillah has been authentically proven before starting wudu from the action of Abdullah Ibn Umar.

## Supplication upon Completing The Ablution

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ  
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

“I Testify That There Is No God But Allah And That Muhammad Is The Servant Of Allah  
And His Messenger.”

The Eight Gates Of Paradise Would Be Opened For Him And He May Enter By Whichever  
Of Them He Wishes.

**Recorded in Sahih Muslim and Sunan Abu Dawud**

## Invocations When Eating And Drinking

### Invocations Before Eating

بِسْمِ اللَّهِ

“With The Name Of Allah.”

Recorded in Sahih Bukhari and Sahih Muslim

**And If You Forget Then When You Remember Say:**

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

“With The Name Of Allah, In The Beginning And In The End.”

Recorded in Musnad Ahmad and Sunan Abu Dawud

## Invocations After Eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَ وَسَقَى وَسَوَّغَهُ وَجَعَلَ لَهُ مَخْرَجًا

“Praise Be To Allah Who Has Given Food And Drink And Made It Easy To Swallow, And Provided An Exit For It.”

Recorded in Sunan Abu Dawud and Ibn Hibban

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الْحَمْدُ لِلَّهِ كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ، غَيْرَ مَكْفِيٍّ، وَلَا مُودِّعٍ،  
وَلَا مُسْتَغْنَى عَنْهُ رَبَّنَا

“All The Praises And Thanks Be To Allah! Much Good And Blessed Praise! O Our Lord. We Cannot Compensate Your Favour, Nor Can Leave It, Nor Can Dispense With It O our lord.”

Recorded in Sahih Bukhari and Musnad Ahmad



## Supplication upon Entering The Home

بِسْمِ اللَّهِ

“In The Name Of Allah”

Recorded in Sahih Muslim

## Supplication When Leaving The Home

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَضِلَّ أَوْ أُضَلَّ، أَوْ أَزِلَّ أَوْ أُزَلَ،  
أَوْ أَظْلِمَ أَوْ أَظْلَمَ، أَوْ أَجْهَلَ أَوْ يُجْهَلَ عَلَيَّ

"O Allah, I Take Refuge With You Lest I Should Stray Or Be Led Astray, Or Slip Or Be Tripped, Or Oppress Or Be Oppressed, Or Behave Foolishly Or Be Treated Foolishly."

{There Is An Brake In The Chain. However, It Is The Best (Supplication) Found In This Chapter Of Supplications When Leaving The Home.}

(The Other Narrations That Are Found Regarding Supplications When Leaving The House Are Weak)

Recorded in Sunan Abu Dawud and At-Tabarani

## **Supplication upon Entering The Masjid**

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

“O Allah, Open The Gates Of Your Mercy For Me.”

## **Supplication upon Leaving The Masjid**

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

“O Allah, I Ask You From Your Favour.”

**Recorded in Sahih Muslim**

**{As for the narrations that mentions about sending Salah or Salaam upon the Messenger of Allah when entering the Masjid then they have weakness in them.}**

## Remembrance When Hearing The Azan (Call to Prayer)

There are a number of narrations mentioning about repeating after the Muezzin,  
from them are the following:

If anyone says on hearing the Mu'adhdhin:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَنَّ مُحَمَّدًا  
عَبْدُهُ وَرَسُولُهُ رَضِيتُ بِاللَّهِ رَبًّا وَبِمُحَمَّدٍ رَسُولًا وَبِالْإِسْلَامِ  
دِينًا

I testify that there is no god but Allah alone. Who has no partner, and that Muhammad is  
His servant and His Messenger, (and that) I am satisfied with Allah as my Lord, with  
Muhammad as Messenger. and with Islam as din (code of life), his sins would be forgiven.

**Recorded in Sahih Muslim**

## Remembrance At The Time Of Sleeping

The Prophet (Sallallahu Alayhi Was Salam) Went To Bed Every Night, He Used To Cup His Hands Together And Blow Over It After Reciting:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ

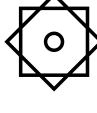



﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

With The Name Of Allah, The Most Gracious, The Most Merciful. "Say: He Is Allah (The) One. The Self-Sufficient Master, Whom All Creatures Need, He Begets Not Nor Was He Begotten, And There Is None Equal To Him."

{Surah Al-Ikhlās}



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ  مِنْ شَرِّ مَا خَلَقَ  وَمِنْ شَرِّ  
غَاسِقٍ إِذَا وَقَبَ  وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ   
وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

With The Name Of Allah, The Most Gracious, The Most Merciful. "Say: I Seek Refuge With (Allah) The Lord Of The Daybreak, From The Evil Of What He Has Created, And From The Evil Of The Darkening (Night) As It Comes With Its Darkness, And From The Evil Of Those Who Practice Witchcraft When They Blow In The Knots, And From The Evil Of The Envier When He Envies."

{Surah Al-Falaq}

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾  
﴿٤﴾ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٥﴾ الَّذِي يُوَسْوِسُ فِي  
صُدُورِ النَّاسِ ﴿٦﴾ مِنَ الْجِنَّةِ وَالنَّاسِ

With The Name Of Allah, The Most Gracious , The Most Merciful. "Say: I Seek Refuge With (Allah) The Lord Of Mankind, The King Of Mankind , The God Of Mankind , From The Evil Of The Whisperer Who Withdraws, Who Whispers In The Breasts Of Mankind, Of Jinns And Men."

{Surah An-Nas}

"Then He Would Rub His Hands Over Whatever Parts Of His Body He Was Able To Rub, Starting With His Head, Face And Front Of His Body. He Used To Do That Three Times."

**Recorded in Sahih Bukhari and Musnad Ahmad**

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Whenever The Messenger Of Allah (Sallallahu Alayhi Was Salam) Intended To Go To Sleep, He Would Place His Right Hand Under His (Right) Cheek And Supplicate:

اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعُثُ عِبَادَكَ

"O Allah, Protect Me From Your Punishment On The Day Your Servants Are Resurrected."

**Recorded in Musnad Ahmad, Sunan Abu Dawud and Sunan Tirmizi**

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When The Prophet Went To Bed At Night, He Would Put His Hand Under His Cheek And Then Say:

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

"O Allah In Your Name I Live And Die."

**Recorded in Sahih Bukhari**

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اللَّهُمَّ رَبَّ السَّمَوَاتِ وَرَبَّ الْأَرْضِ وَرَبَّ كُلِّ شَيْءٍ، فَالِقَ  
الْحَبِّ وَالنَّوَى مُنْزِلَ التَّوْرَةِ وَالْإِنْجِيلِ وَالْقُرْآنِ، أَعُوذُ بِكَ  
مِنْ شَرِّ كُلِّ ذِي شَرٍّ أَنْتَ آخِذٌ بِنَاصِيَتِهِ، أَنْتَ الْأَوَّلُ  
فَلَيْسَ قَبْلَكَ شَيْءٌ، وَأَنْتَ الْآخِرُ فَلَيْسَ بَعْدَكَ شَيْءٌ،  
وَأَنْتَ الظَّاهِرُ فَلَيْسَ فَوْقَكَ شَيْءٌ وَأَنْتَ الْبَاطِنُ فَلَيْسَ  
دُونَكَ شَيْءٌ - اقْضِ عَنِّي الدَّيْنَ وَأَغْنِنِي مِنَ الْفَقْرِ"

"O Allah, Lord Of The Seven Heavens And The Exalted Throne, Our Lord And Lord Of All Things, Splitter Of The Seed And The Date Stone, Revealer Of The Tawrah, The Injeel And The Furqan, I Take Refuge In You From The Evil Of All Things You Shall Seize By The Forelock. O Allah, You Are The First So There Is Nothing Before You And You Are The Last So There Is Nothing After You. You Are Ath-Zaahir So There Is Nothing Above You And You Are Al-Baatin So There Is Nothing Closer Than You."

And In Another Narration With The Addition Of: "Settle Our Debt For Us And Spare Us From Poverty."

**Recorded in Musnad Ahmad and Sunan Abu Dawud**



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When The Messenger Of Allah (Sallallahu Alayhi Was Salam) Went To His Bed At Night, He  
Would Say:

بِسْمِ اللَّهِ وَضَعْتُ جَنْبِي اللَّهُمَّ اغْفِرْ لِي ذَنْبِي وَأَخْسِئْ  
شَيْطَانِي وَفُكَّ رَهَائِي وَاجْعَلْنِي فِي النَّدِيِّ الْأَعْلَى

O Allah! Forgive Me My Sin, Drive Away My Devil, Free Me From My Responsibility, And  
Place Me In The Highest Assembly.

**Recorded in Sunan Abu Dawud and Hakim in Al-Mustadrak**

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Narrated Abu Mas'ud: The Prophet (May peace be upon him) said, "If somebody recited the last two Verses of Surah Al-Baqarah at night, that will be sufficient for him."

ءَامَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ ۚ كُلٌّ  
ءَامَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِّنْ  
رُّسُلِهِ ۚ وَقَالُوا سَمِعْنَا وَأَطَعْنَا ۚ غُفْرَانِكَ رَبَّنَا وَإِلَيْكَ

### الْمَصِيرُ ﴿285﴾

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتْ وَعَلَيْهَا  
مَا اكْتَسَبَتْ ۚ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا ۚ  
رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن  
قَبْلِنَا ۚ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۚ وَاعْفُ عَنَّا  
وَاعْفِرْ لَنَا وَارْحَمْنَا ۚ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ  
الْكَافِرِينَ

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**285. The Messenger (Muhammad Sallallahu Alayhi Was Sallam) Believes In What Has Been Sent Down To Him From His Lord, And (So Do) The Believers. Each One Believes In Allah, His Angels, His Books, And His Messengers. They Say, "We Make No Distinction Between One Another Of His Messengers" - And They Say, "We Hear, And We Obey. (We Seek) Your Forgiveness, Our Lord, And To You Is The Return (Of All)."**

**286. Allah Burdens Not A Person Beyond His Scope. He Gets Reward For That (Good) Which He Has Earned, And He Is Punished For That (Evil) Which He Has Earned. "Our Lord! Punish Us Not If We Forget Or Fall Into Error, Our Lord! Lay Not On Us A Burden Like That Which You Did Lay On Those Before Us (Jews And Christians); Our Lord! Put Not On Us A Burden Greater Than We Have Strength To Bear. Pardon Us And Grant Us Forgiveness. Have Mercy On Us. You Are Our Maula (Patron, Supporter And Protector, Etc.) And Give Us Victory Over The Disbelieving People."**

**Surah Baqarah: 285-286**

**Recorded In Sahih Bukhari and Sahih Muslim**

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## Invocation To Say If One Turns Over In Bed During The Night.

لَا إِلَهَ إِلَّا اللَّهُ الْوَاحِدُ الْقَهَّارُ، رَبُّ السَّمَاوَاتِ وَالْأَرْضِ وَمَا  
بَيْنَهُمَا الْعَزِيزُ الْغَفَّارُ

“There Is None Worthy Of Worship But Allah, The One, The Victorious, Lord Of The Heavens And The Earth And All That Is Between Them, The All-Mighty, The All-Forgiving.”

Recorded by Ibn Hibban and Nasa'i in Al-Kubra

## What To Do If You Have A Bad Dream Or Nightmare

One should say:

لَا إِلَهَ إِلَّا اللَّهُ

“None Has The Right To Be Worshipped But Allah.”

Recorded in Sahih Bukhari and Sahih Muslim

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## **When One Of You Becomes Frightened During Sleep, Then Let Him Say:**

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ غَضَبِهِ وَعِقَابِهِ وَشَرِّ عِبَادِهِ،  
وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَحْضُرُونِ

“I seek refuge in Allah’s Perfect Words from His anger, His punishment, and the evil of His creatures, from the whisperings of the Shayatin, and that they should come.” For verily, they shall not harm him.”

**Recorded in Sunan Tirmizi and Ibn Abi Shaybah**

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## **When One Of You Sees A Bad Dream**

**Blow Three Times On His Left; Seek Refuge In Allah From The Satan Three Times  
(by saying):**

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ {3x}

“I seek refuge in Allah from Shaytaan, the accursed one.”

**And (Then) Change The Side On Which He Was Lying.**

**Recorded In Sahih Muslim**

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**Invocations When Travelling**

Whenever Allah's Messenger (May Peace Be Upon Him) Mounted His Camel While Setting  
Out On A Journey, He Glorified Allah

اللَّهُ أَكْبَرُ (3x)

And Then Said:

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَى رَبِّنَا  
لَمُنْقَلِبُونَ اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هَذَا الْبِرَّ وَالتَّقْوَى  
وَمِنَ الْعَمَلِ مَا تَرْضَى، اللَّهُمَّ هَوِّنْ عَلَيْنَا سَفَرَنَا هَذَا وَاطْوِ  
عَنَّا بُعْدَهُ، اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ وَالْخَلِيفَةُ فِي  
الْأَهْلِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَعْثَاءِ السَّفَرِ وَكَآبَةِ  
الْمَنْظَرِ وَسُوءِ الْمُنْقَلَبِ فِي الْمَالِ وَالْأَهْلِ

## صحيح الادعية والاذكار

### Authentic Supplications And Remembrance

Blessed Is He Who Subdued For Us This (Ride) And We Were Not Ourselves Powerful Enough To Use It As A Ride, And We Are Going To Return To Our Lord. O Allah, We Seek Virtue And Piety From Thee In This Journey Of Ours And The Act Which Please Thee. O Allah, Lighten This Journey Of Ours, And Make Its Distance Easy For Us. O Allah, Thou Art (Our) Companion During The Journey, And Guardian Of (Our) Family. O Allah, I Seek Refuge With Thee From Hardships Of The Journey, Gloominess Of The Sights, And Finding Of Evil Changes In Property And Family On Return.

**Recorded in Sahih Muslim and Musnad Ahmad**

## What Is To Be Said While Travelling

Whenever one Ascends A High Place, he should say:

الله أكبر

“Allah is Greater”

**Recorded in Sahih Bukhari and Sahih Muslim**

## **When Seeing The Village/Town Of The Destination One Should Recite**

اللَّهُمَّ رَبَّ السَّمَاوَاتِ السَّبْعِ وَمَا أَظْلَلْنَ، وَرَبَّ الْأَرْضِينَ  
السَّبْعِ وَمَا أَقْلَلْنَ، وَرَبَّ الرِّيَّاحِ وَمَا ذَرَيْنَ، وَرَبَّ الشَّيَاطِينِ  
وَمَا أَضْلَلْنَ، نَسْأَلُكَ خَيْرَ هَذِهِ الْقَرْيَةِ وَخَيْرَ أَهْلِهَا، وَنَعُوذُ  
بِكَ مِنْ شَرِّهَا وَشَرِّ أَهْلِهَا وَشَرِّ مَا فِيهَا

"O Allah, You Are The Lord Of The Seven Skies And All The Things That Are Under These Skies And The Seven Planets And All Those Misled By Him And For The Wind And All That It Blows And Whatever Is Over These And Of Satan Who Misled. We Seek The Good Of This Town And The Good Of Its Members (People) And Seek Refuge From Its Evil And The Evil Of Its Members And From The Evils Of Whatever Is In It".

**Recorded in Ibn Khuzaymah and Ibn Hibban**

صحيح الادعية والاذكار

Authentic Supplications And Remembrance

## What Is To Be When Returning From Travel

آيُونَ تَائِبُونَ عَابِدُونَ لِرَبِّنَا حَامِدُونَ

‘We Are Returning, Repenting And Obedient To Allah, Praising Him’.

“The Prophet continued repeating these words till he entered the city of Medina.”

**Recorded in Sahih Muslim and Musnad Ahmad**

## Morning Remembrance

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ

﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ

غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

## بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾  
﴿٤﴾ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٥﴾ الَّذِي يُوَسْوِسُ فِي  
صُدُورِ النَّاسِ ﴿٦﴾ مِنَ الْجِنَّةِ وَالنَّاسِ

(Recite These Surahs Once Each)

Recorded In Musnad Ahmad, Sunan Abu Dawud, Sunan Tirmizi and Sunan Nasa'i

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا  
شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ  
قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذَا الْيَوْمِ وَخَيْرَ مَا بَعْدَهُ،  
وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذَا الْيَوْمِ وَشَرِّ مَا بَعْدَهُ، رَبِّ  
أَعُوذُ بِكَ مِنَ الْكَسَلِ، وَسُوءِ الْكِبَرِ، رَبِّ أَعُوذُ بِكَ مِنْ  
عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ

We Have Entered A New Day And With It All Dominion Is Allah's. None Has The Right To Be Worshipped But Allah Alone, Who Has No Partner. To Allah Belongs The Dominion, And To Him Is The Praise And He Is Able To Do All Things. My Lord, I Ask You For The Goodness Of This Day And Of The Days That Come After It, And I Seek Refuge In You From The Evil Of This Day And Of The Days That Come After It. My Lord, I Seek Refuge In You From Laziness And Helpless Old Age. My Lord, I Seek Refuge In You From The Punishment Of Hell-Fire, And From The Punishment Of The Grave.

**Recorded In Sahih Muslim**



اَللّٰهُمَّ فَاطِرَ السَّمَاوَاتِ وَالْاَرْضِ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ  
رَبَّ كُلِّ شَيْءٍ وَمَلِيْكَهٗ اَعُوْذُ بِكَ مِنْ شَرِّ نَفْسِيْ وَ شَرِّ  
الشَّيْطَانِ - (وَشِرْكَهٖ اَوْ اَقْتَرِفَ عَلٰى نَفْسِيْ ذَنْبًا اَوْ  
اَجْرَهٗ اِلٰى مُسْلِمٍ)

O Allah, Maker Of The Heavens And The Earth, Knower Of The Unseen And The Evident, Lord Of Everything And Its Possessor. I Seek Refuge In You From The Evil Of My Soul And From The Evil Of Satan – (And His Helpers. (I Seek Refuge In You) From Bringing Evil Upon My Soul And From Harming Any Muslim.)

**Recorded in Musnad Ahmad and the addition at the end is found in Sunan Tirmizi and Musnad Ahmad**

اَللّٰهُمَّ اَنْتَ رَبِّيْ لَا اِلٰهَ اِلَّا اَنْتَ، خَلَقْتَنِيْ وَاَنَا عَبْدُكَ، وَاَنَا  
عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، اَعُوْذُ بِكَ مِنْ شَرِّ مَا  
صَنَعْتُ، اَبُوْءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَاَبُوْءُ بِذَنْبِيْ فَاغْفِرْ لِي  
فَاِنَّهُ لَا يَغْفِرُ الذُّنُوْبَ اِلَّا اَنْتَ

O Allah, You Are My Lord, There Is None Worthy Of Worship But You. You Created Me And I Am Your Slave. I Keep Your Covenant, And My Pledge To You So Far As I Am Able. I Seek Refuge In You From The Evil Of What I Have Done. I Admit To Your Blessings Upon Me, And I Admit To My Misdeeds. Forgive Me, For There Is None Who May Forgive Sins But You.

**Recorded In Sahih Bukhari**

بِسْمِ اللّٰهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْاَرْضِ وَلَا فِي  
السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيْمُ

In The Name Of Allah, Who With His Name Nothing Can Cause Harm In The Earth Nor In The Heavens, And He Is The All-Hearing, The All-Knowing.

**(Recite This Once)**

**Recorded In Musnad Ahmad and Sunan Tirmizi**

اَللّٰهُمَّ اِنِّىْ اَسْأَلُكَ الْعَفْوَ فِى الدُّنْيَا وَالْآخِرَةِ، اَللّٰهُمَّ اِنِّىْ  
اَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِى دِيْنِىْ وَدُنْيَايَ وَاَهْلِىْ، وَمَالِىْ،  
اَللّٰهُمَّ اسْتُرْ عَوْرَاتِىْ، اَللّٰهُمَّ احْفَظْنِىْ مِنْ بَيْنِ يَدَيَّ، وَمِنْ  
خَلْفِىْ، وَعَنْ يَمِيْنِىْ، وَعَنْ شِمَالِىْ، وَمِنْ فَوْقِىْ، وَاَعُوْذُ  
بِعَظَمَتِكَ اَنْ اُغْتَالَ مِنْ تَحْتِىْ

O Allah, I Seek Your Forgiveness In This World And The Next. O Allah, I Seek Your Forgiveness And Your Protection In My Religion, In My Worldly Affairs, In My Family And In My Wealth. O Allah, Conceal My Secrets. O Allah, Guard Me From What Is In Front Of Me And Behind Me, And From My Right, And From My Left, And From Above Me . I Seek Refuge In Your Greatness From Being Struck Down From Beneath Me.

**Recorded In Sunan Abu Dawud and Musnad Ahmad**

رَضِيتُ بِاللّٰهِ رَبًّا، وَبِالْإِسْلَامِ دِيْنًا، وَبِمُحَمَّدٍ صَلَّى اللّٰهُ عَلَيْهِ  
وَسَلَّمَ نَبِيًّا

I Am Pleased With Allah As My Lord, With Islam As My Religion And With Muhammad (Peace And Blessings Of Allah Be Upon Him) As My Prophet.

**Recorded In Musnad Ahmad and Sunan Abu Dawud**

صحيح الادعية والاذكار

Authentic Supplications And Remembrance

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ وَلَا  
تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ

O Ever Living One, O Eternal One, By Your Mercy I Call On You To Set Right All My Affairs.  
Do Not Place Me In Charge Of My Soul Even For The Blinking Of An Eye (I.E. A Moment).

**Recorded In Sunan Nasa'i**

اَللّٰهُمَّ بِكَ اَصْبَحْنَا، وَبِكَ اَمْسَيْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوْتُ  
وَإِلَيْكَ النُّشُوْرُ

O Allah, By You We Enter The Morning And By You We Enter The Evening, By You We Live  
And By You We Die And Unto You Is Our Final Return.

**Recorded In Musnad Ahmed, Sunan Abu Dawud and Sunan Tirmizi**

صحيح الادعية والاذكار

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أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَعَلَى كَلِمَةِ الْإِخْلَاصِ، وَعَلَى  
دِينِ نَبِيِّنَا مُحَمَّدٍ، وَعَلَى مِلَّةِ أَبِيْنَا إِبْرَاهِيمَ، حَنِيفًا وَمَا كَانَ  
مِنَ الْمُشْرِكِينَ

We Have Entered A New Day Upon The Natural Religion Of Islam, The Word Of Sincere Devotion, The Religion Of Our Prophet Muhammad, And The Faith Of Our Father Ibrahim. He Was Upright (In Worshipping Allah), And He Was Not Of Those Who Worship Others Besides Allah.

**Recorded In Musnad Ahmad and Sunan Daarimi**

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ: عَدَدَ خَلْقِهِ، وَرِضَا نَفْسِهِ، وَزِنَةَ عَرْشِهِ  
وَمَدَادَ كَلِمَاتِهِ

Glory Is To Allah And Praise Is To Him, By The Multitude Of His Creation, By His Pleasure, By The Weight Of His Throne, And By The Extent Of His Words.

**(Recite this Three Times)**

**Recorded In Sahih Muslim**

صحيح الادعية والاذكار

Authentic Supplications And Remembrance

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ،  
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

None Has The Right To Be Worshipped But Allah Alone, Who Has No Partner. His Is The Dominion And His Is The Praise And He Is Able To Do All Things.

**(Recite This Ten Times)**

**Recorded By Ibn Hibban In His Sahih**

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Glory Is To Allah And Praise Is To Him.

**(Recite This One Hundred Times)**

**Recorded In Sahih Muslim**

صحيح الادعية والاذكار

Authentic Supplications And Remembrance

**This Can Be Recited At Any Time Of The Day**

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ،  
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

None Has The Right To Be Worshipped But Allah Alone, Who Has No Partner. His Is The Dominion And His Is The Praise And He Is Able To Do All Things.

**(Recite This One Hundred Times At Any Time Between Fajr And Sunset. One Can Also Recite It All At Once or He Can Recite It In Sections Both Is Fine.)**

**Recorded By Sahih Muslim and Sahih Bukhari**

## Evening Remembrance

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ

﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

{Surah Al-Ikhlâs}

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ

غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

{Surah Al-Falaq}



## بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾  
﴿٤﴾ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٥﴾ الَّذِي يُوَسْوِسُ فِي  
صُدُورِ النَّاسِ ﴿٦﴾ مِنَ الْجِنَّةِ وَالنَّاسِ

{Surah An-Nas}

(Recite These Surahs Once Each)

Recorded In Musnad Ahmad, Sunan Abu Dawud, Sunan Tirmizi and Sunan Nasa'i

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ، وَ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا  
شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ  
قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذِهِ اللَّيْلَةِ وَخَيْرَ مَا  
بَعْدَهَا، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذِهِ اللَّيْلَةِ وَشَرِّ مَا  
بَعْدَهَا، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ الْكِبَرِ ، رَبِّ  
أَعُوذُ بِكَ مِنْ عَذَابٍ فِي النَّارِ وَعَذَابٍ فِي الْقَبْرِ

"We Have Reached The Evening And At This Very Time Unto Allah Belongs All Sovereignty. None Has The Right To Be Worshipped Except Allah, Alone, Without Partner, To Him Belongs All Sovereignty And Praise And He Is Over All Things Omnipotent. My Lord, I Ask You For The Good Of This Night And The Good Of What Follows It And I Take Refuge In You From The Evil Of This Night And The Evil Of What Follows It. My Lord, I Take Refuge In You From Laziness And Helpless Old Age. My Lord, I Take Refuge In You From Torment In The Fire And Punishment In The Grave."

**Recorded In Sahih Muslim**

اَللّٰهُمَّ فَاطِرَ السَّمَاوَاتِ وَالْاَرْضِ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ  
رَبَّ كُلِّ شَيْءٍ وَمَلِيْكَهٗ اَعُوْذُ بِكَ مِنْ شَرِّ نَفْسِيْ وَ شَرِّ  
الشَّيْطَانِ - وَشِرْكِهٖ اَوْ اَقْتَرِفَ عَلٰى نَفْسِيْ ذَنْبًا اَوْ اَجْرَهٗ  
اِلٰى مُسْلِمٍ

O Allah, Maker Of The Heavens And The Earth, Knower Of The Unseen And The Evident, Lord Of Everything And Its Possessor. I Seek Refuge In You From The Evil Of My Soul And From The Evil Of Satan – (And His Helpers. (I Seek Refuge In You) From Bringing Evil Upon My Soul And From Harming Any Muslim.)

**Recorded in Musnad Ahmad and the addition at the end is found in Sunan Tirmizi and Musnad Ahmad**

اَللّٰهُمَّ اَنْتَ رَبِّيْ لَا اِلٰهَ اِلَّا اَنْتَ، خَلَقْتَنِيْ وَاَنَا عَبْدُكَ، وَاَنَا  
عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، اَعُوْذُ بِكَ مِنْ شَرِّ مَا  
صَنَعْتُ، اَبُوْءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَاَبُوْءُ بِذَنْبِيْ فَاغْفِرْ لِي  
فَاِنَّهُ لَا يَغْفِرُ الذُّنُوْبَ اِلَّا اَنْتَ

"O Allah, You Are My Lord, None Has The Right To Be Worshipped Except You, You Created Me And I Am Your Servant And I Abide To Your Covenant And Promise As Best I Can, I Take Refuge In You From The Evil Of Which I Have Committed. I Acknowledge Your Favour Upon Me And I Acknowledge My Sin, So Forgive Me, For Verily None Can Forgive Sin Except You."

**Recorded In Sahih Bukhari**

بِسْمِ اللّٰهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْاَرْضِ وَلَا فِي  
السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيْمُ

In The Name Of Allah, Who With His Name Nothing Can Cause Harm In The Earth Nor In The Heavens, And He Is The All-Hearing, The All-Knowing.

**(Recite This Once)**

**Recorded In Musnad Ahmad and Sunan Tirmizi**

Shaykh Abd Al-Aziz Ibn Marzouq At-Turayfi

اَللّٰهُمَّ اِنِّیْ اَسْأَلُكَ الْعَفْوَ فِی الدُّنْیَا وَالْآخِرَةِ، اَللّٰهُمَّ اِنِّیْ  
اَسْأَلُكَ الْعَفْوَ وَالْعَافِیَةَ فِی دِیْنِیْ وَدُنْیَایَ وَأَهْلِیْ، وَمَالِیْ،  
اَللّٰهُمَّ اسْتُرْ عَوْرَاتِیْ، اَللّٰهُمَّ احْفَظْنِیْ مِنْ بَیْنِ یَدَیْ، وَمِنْ  
خَلْفِیْ، وَعَنْ یَمَیْنِیْ، وَعَنْ شِمَالِیْ، وَمِنْ فَوْقِیْ، وَأَعُوذُ  
بِعَظَمَتِكَ اَنْ اُغْتَالَ مِنْ تَحْتِیْ

O Allah, I Seek Your Forgiveness In This World And The Next. O Allah, I Seek Your Forgiveness And Your Protection In My Religion, In My Worldly Affairs, In My Family And In My Wealth. O Allah, Conceal My Secrets. O Allah , Guard Me From What Is In Front Of Me And Behind Me , From My Left , And From My Right , And From Above Me . I Seek Refuge In Your Greatness From Being Struck Down From Beneath Me.

**Recorded In Sunan Abu Dawud and Musnad Ahmad**

رَضِیتُ بِاللّٰهِ رَبًّا، وَبِالْإِسْلَامِ دِیْنًا، وَبِمُحَمَّدٍ صَلَّی اللّٰهُ عَلَیْهِ  
وَسَلَّمَ نَبِیًّا

I Am Pleased With Allah As My Lord, With Islam As My Religion And With Muhammad (Peace And Blessings Of Allah Be Upon Him) As My Prophet.

**Recorded In Musnad Ahmad and Sunan Abu Dawud**

صحيح الادعية والاذكار

Authentic Supplications And Remembrance

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ وَلَا  
تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ

O Ever Living One, O Eternal One, By Your Mercy I Call On You To Set Right All My Affairs.  
Do Not Place Me In Charge Of My Soul Even For The Blinking Of An Eye (I.E. A Moment).

**Recorded In Sunan Nasa'i**

اَللّٰهُمَّ بِكَ اَمْسَيْنَا، وَبِكَ اَصْبَحْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوْتُ  
وَإِلَيْكَ الْمَصِيْرُ

O Allah, By Your Leave We Have Reached The Evening And By Your Leave We Have  
Reached The Morning, By Your Leave We Live And Die And Unto You Is Our Return.

**Recorded In Musnad Ahmed, Sunan Abu Dawud and Sunan Tirmizi**

صحيح الادعية والاذكار

Authentic Supplications And Remembrance

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ،  
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

None Has The Right To Be Worshipped But Allah Alone, Who Has No Partner. His Is The Dominion And His Is The Praise And He Is Able To Do All Things.

**(Recite This Ten Times)**

**Recorded By Ibn Hibban In His Sahih**

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Glory Is To Allah And Praise Is To Him

**(Recite This One Hundred Times)**

**Recorded In Sahih Muslim**

صحيح الادعية والاذكار

Authentic Supplications And Remembrance

## **The Following Should Be Recited After Sunset Only**

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

I Seek Refuge In The Perfect Words Of Allah From The Evil Of What He Has Created.

**(Recite This Once)**

**Recorded In Sahih Muslim**



ءَامَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ ۚ كُلُّ  
ءَامَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِّنْ  
رُّسُلِهِ ۚ وَقَالُوا سَمِعْنَا وَأَطَعْنَا ۚ غُفْرَانِكَ رَبَّنَا وَإِلَيْكَ  
الْمَصِيرُ ﴿285﴾

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتْ وَعَلَيْهَا  
مَا اكْتَسَبَتْ ۚ رَبَّنَا لَا تُؤَاخِذْنَا إِن نَّسِينَا أَوْ أَخْطَأْنَا ۚ  
رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن  
قَبْلِنَا ۚ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۚ وَاعْفُ عَنَّا  
وَاعْفِرْ لَنَا وَارْحَمْنَا ۚ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ  
الْكَافِرِينَ

Surah Baqarah: 285-286

Recorded In Sahih Bukhari and Sahih Muslim

Shaykh Abd Al-Aziz Ibn Marzouq At-Turayfi

## Supplications and Remembrance After Prayer

1) أَسْتَغْفِرُ اللَّهَ (3x) اَللّٰهُمَّ اَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ،  
تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

I seek the forgiveness of Allah (three times). O Allah, You are Peace and from You comes peace . Blessed are You , O Owner of majesty and honour.

**Recorded In Sahih Muslim**

2) لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ  
الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، اَللّٰهُمَّ لَا مَانِعَ لِمَا  
أَعْطَيْتَ، وَلَا مُعْطِيَ لِمَا مَنَعْتَ، وَلَا يَنْفَعُ ذَا الْجَدِّ  
مِنْكَ الْجَدُّ

None Has The Right To Be Worshipped But Allah Alone, He Has No Partner, His Is The Dominion And His Is The Praise, And He Is Able To Do All Things. O Allah, There Is None Who Can Withhold What You Give, And None May Give What You Have Withheld; And The Might Of The Mighty Person Cannot Benefit Him Against You.

**Recorded In Sahih Al-Bukhari and Sahih Muslim**

3 لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ  
الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا  
بِاللَّهِ، لَا إِلَهَ إِلَّا اللَّهُ، وَلَا نَعْبُدُ إِلَّا إِيَّاهُ، لَهُ النِّعْمَةُ وَلَهُ  
الْفَضْلُ وَلَهُ الثَّنَاءُ الْحَسَنُ، لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ  
الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ

None has the right to be worshipped but Allah alone, He has no partner, His is the dominion and His is the praise and He is Able to do all things. There is no power and no might except by Allah . None has the right to be worshipped but Allah, and we do not worship any other besides Him . His is grace , and His is bounty and to Him belongs the most excellent praise. None has the right to be worshipped but Allah . (We are) sincere in making our religious devotion to Him, even though the disbelievers may dislike it.

**Recorded In Sahih Muslim**

4 رَبِّ قِنِي عَذَابَكَ يَوْمَ تَبْعُثُ {تَجْمَعُ} عِبَادَكَ

O my Lord! save me from Thy torment on the Day when Thou wilt raise or gather Thy servants.

**Recorded In Sahih Muslim**

5, اَللّٰهُمَّ اغْفِرْ لِيْ مَا قَدَّمْتُ وَمَا اَخَّرْتُ وَمَا اَسْرَرْتُ وَمَا

اَعْلَنْتُ وَمَا اَسْرَفْتُ وَمَا اَنْتَ اَعْلَمُ بِهِ مِنِّيْ، اَنْتَ

الْمُقَدِّمُ وَاَنْتَ الْمُؤَخِّرُ لَا اِلَهَ اِلَّا اَنْتَ

Forgive me of the earlier and later open and secret (sins) and that where I made transgression and that Thou knowest better than I. Thou art the First and the Last. There is no god, but Thee.

**Recorded In Sahih Muslim (After the night prayer)**

## One Can Choose From Any Of The Below Ways As All Of Them Are Found In Different Ahadith:

(6) سُبْحَانَ اللَّهِ، (10x) الْحَمْدُ لِلَّهِ، (10x) اللَّهُ أَكْبَرُ (10x)

Glory is to Allah , and praise is to Allah , and Allah is the Most Great (Each said Ten Times).

**Recorded in Sahih Bukhari**

○ سُبْحَانَ اللَّهِ، (33x) الْحَمْدُ لِلَّهِ، (33x) اللَّهُ أَكْبَرُ (33x)

Then Recite The Following, Completing A 100

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ  
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

“Glory is to Allah , and praise is to Allah , and Allah is the Most Great (each said thirty-three times). None has the right to be worshipped but Allah alone, He has no partner, His is the dominion and His is the praise and He is Able to do all things.”

**Recorded In Sahih Al-Bukhari and Sahih Muslim**

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○ سُبْحَانَ اللَّهِ، (33x) اَلْحَمْدُ لِلَّهِ، (33x) اَللَّهُ اَكْبَرُ (34x)

Glory is to Allah (33x), and praise is to Allah (33x), and Allah is the Most Great (34x)

**Recorded In Sahih Al-Bukhari and Sahih Muslim**

○ سُبْحَانَ اللَّهِ، (25x) اَلْحَمْدُ لِلَّهِ، (25x) اَللَّهُ اَكْبَرُ (25x)

لَا اِلَهَ اِلَّا اللَّهُ (25x)

Glory is to Allah (25x), and praise is to Allah (25x), and Allah is the Most Great (25x), None has the right to be worshipped but Allah alone (25x)

**Recorded In Sunan Nasa'i And Sunan Tirmizi**

7 بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

"قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ  
غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾  
وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

Surah Al-Falaq 113:1-5

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

"قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ  
﴿٣﴾ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي  
صُدُورِ النَّاسِ ﴿٥﴾ مِنَ الْجِنَّةِ وَالنَّاسِ

Surah An-Nas 114:1-6

Recorded In Sunan Nasa'i And Sunan Tirmizi

8) اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَّةٌ وَلَا  
نَوْمٌ ۚ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ ۚ مَنْ ذَا  
الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ ۚ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ  
وَمَا خَلْفَهُمْ ۚ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا  
شَاءَ ۚ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ ۚ وَلَا يَئُودُهُ  
حِفْظُهُمَا ۚ وَهُوَ الْعَلِيُّ الْعَظِيمُ

Surah Baqarah 2:255

Recorded In Sunan Nasa'i



9 اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبُخْلِ، وَأَعُوذُ بِكَ مِنَ  
الْجُبْنِ، وَأَعُوذُ بِكَ أَنْ أُرَدَّ إِلَى أَرْدَلِ الْعُمُرِ، وَأَعُوذُ بِكَ  
مِنْ فِتْنَةِ الدُّنْيَا يَعْنِي فِتْنَةَ الدَّجَالِ، وَأَعُوذُ بِكَ مِنْ  
عَذَابِ الْقَبْرِ

"O Allah! I seek refuge with You from miserliness; and seek refuge with You from cowardice; and seek refuge with You from being sent back to geriatric old age; and I seek refuge with You from the affliction of this world (i.e., the affliction of Ad-Dajjal etc.); and seek refuge with You from the punishment of the grave."

Recorded In Sahih Al-Bukhari

10 اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي وَخَطَايَايَ كُلَّهَا، اللَّهُمَّ  
أَنْعِشْنِي، وَاجْبُرْنِي، وَاهْدِنِي لِصَالِحِ الْأَعْمَالِ  
وَالْأَخْلَاقِ، إِنَّهُ لَا يَهْدِي لِصَالِحِهَا وَ لَا يَصْرِفُ سَيِّئَهَا  
إِلَّا أَنْتَ

O Allah forgive all my sins and wrongdoings. Revive me and compel me and guide me to do pious actions and to be of good character. And no one guides to goodness (piousness) and removes evil except you.

Recorded By Ibn Sunni In The Deeds Of The Day And Night

Shaykh Abd Al-Aziz Ibn Marzouq At-Turayfi

(11) اللَّهُمَّ بِكَ أُحَاوِلُ، وَبِكَ أُصَاوِلُ، وَبِكَ أُقَاتِلُ

O Allah with your (help) I power, I attack (assault) and Fight.

**Recorded By Ibn Sunni**

(12) اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ، وَشُكْرِكَ، وَحُسْنِ

عِبَادَتِكَ

"O Allah, help me in remembering You, in giving You thanks, and worshipping You well."

**Recorded In Sunan Abu Dawud And Musnad Ahmad**

## Biography

The sheikh's name is `Abdul-`Aziz bin Marzouq al-Turayfi. He was born on 7/12/1396 AH (7/9/1976 CE).

As for his university studies, he graduated from the college of Sharia of Imam Muhammad bin Sa 'ud University in the city of Riyadh. As for his occupations, he was a researcher for the Ministry of the Islamic Affairs, then director of Studies and Research in the Center for Research and Studies, and... then an Islamic researcher in this same center.

He began memorizing Islamic texts at the age of 13. The first text he memorized was Al-Baiqūniyyah (in the science of hadith). He memorized Kashf al-Shubuhāt, Kitab al-Tawhid, Fadl al-Islam, al-Manzoomah al-Rahbiyyah and Bulūgh al-Marām, along with hundreds of lines of poetry by the age of 18. He further went onto memorize Sahih al-Bukhari, Sahih Muslim, Sunan Abi Dawud and other books of hadith. He also memorized Manār al-Sabīl and al-Risalah (of Ibn Abi Zayd al-Qayrawānī) in the fiqh of Imam Malik.

He studied countless books in hadith, fiqh, usul, tafsir, adāb (literature) and books of fiqh in the madhabs of Imam Abū Hanifah, Imam Ahmad, Imam al-Shafi'i and Imam Malik. He studied many books of hadith, including Sunan al-Bayhaqi, Sahih Ibn Khuzaymah, Sahih Ibn Hibban, Musannaf Ibn Abi Shaybah, Musannaf `Abdul-Razzāq and Sunan al-Darqutnee. Other books studied: Fataawa Ibn Taymiyyah, Zaad Al-Ma'aad, Tafsir Ibn Kathir, Tafsir al-Tabari, Tafsir al-Baghawi, Tafsir al-Zamakhsharī, Tafsir al-Tha'labee, Seerah Ibn Hishaam and al-Mughni.

Notable teachers:

His eminence, the great scholar, `Abdul-`Azīz Bin Bāz

Shaykh Şafi-ur-Raḥmān al-Mubārkpourī

Shaykh `Abdullāh Bin `Aqīl

Shaykh Abdul Rahman bin Nasser al-Barrak

Shaykh `Abdul-Karīm al-Khuḍayr

Shaykh Sāliḥ Āl al-Shaykh

Shaykh Muḥammad `Abdullāh al-Şūmālī

More information available on the sheikh's official website:

<http://www.altarefe.com/>